Aura of Hope Psychotherapy

Website Overview & Services

Therapy for Growth, Healing, and Meaningful Change

Compassionate, practical, evidence-based therapy for adults, couples, families, and teens across New York and New Jersey. The practice focuses on understanding the patterns, relationships, and experiences shaping clients' lives so they can move forward with greater clarity, connection, and choice.

Who We Help

Area	Support
Adults	Support for anxiety, depression, life transitions, relationship challenges, and emotional overwhelm.
Couples	Strengthen connection, improve communication, and build healthier relationships.
Families	Navigate conflict, strengthen relationships, and create a more supportive home.
Teens & Adolescents	Support for emotional wellness, self-esteem, stress, and life's challenges.
Students & Young Professionals	Support around academic pressure, burnout, career pressure, perfectionism, identity, and relationship stress.
Immigrants & Multicultural Clients	Culturally aware support for multiple identities, family expectations, adjustment, and cultural tension.

Therapy Approaches

Psychodynamic Therapy • Attachment-Based Therapy • Emotionally Focused Therapy (EFT) • CBT & REBT • Internal Family Systems (IFS) • Acceptance & Commitment Therapy (ACT) • Somatic & Body-Based Approaches • Expressive Arts & Creative Therapies • Mindfulness-Based Approaches.

Our Philosophy & Values

Aura of Hope Psychotherapy emphasizes a safe, human, nonjudgmental space. Its stated values include honesty and transparency, genuineness and empathy, quality of care, accessibility and inclusion, and trauma-informed, evidence-based, relational care.

Telehealth & Insurance

The practice offers virtual telehealth sessions. The website states that it accepts Aetna, Blue Cross Blue Shield, Carelon, and United Healthcare for applicable services/providers, with coverage varying by therapist. Superbills are available for potential out-of-network reimbursement.

Team

Aditi Rai, LMHC-D — Founder & Clinical Director
Heyu Wang, LMHC — Psychotherapist
Samah Nanda, LMHC — Psychotherapist
Animesh Nanaware — Practice Operations Manager

Contact

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